

**JUL -Con**

Sat 29/30	CAU Intercounties Champs	Bedford
Mon 31	North East Masters League	Monkton

**AUG**

Tue 1	Morpeth 10k	
Fri 4/13	World Athletics Championships	London
Sun 6	Northern League Match 4	Various
Wed 9	North East Grand Prix 6	Gateshead
Sat 12/13	Northern Athletics U17, U15, U13 champs	Leigh
Sun 13	Darlington 10k	
Sun 13	Gosforth Road Relays	Newcastle
Wed 16	Run Northumberland Nunnykirk 10k	
Thur 17	Durham City Harriers Cross Country Relays	
Sat 19/20	Northern U17/15 Championships	Leigh
Sun 20	Ray Harrison Billingham 10k	
Wed 23	Gateshead Harriers Quayside 5k	
Sat 26/27	England Athletics U17/U15 Championships	Bedford
Sun 27	Tynedale 10M Hexham (North East Champs)	
Sun 27	Tartan Games	Gateshead
Thur 31	Low Fell Watergate 5k	Gateshead

**SEPT**

Sat 2	Sunderland Harriers Open Cross Country	Farringdon
Sun 3	Tees Pride 10K	Middlesbrough
Sun 3	Run Northumberland Matfen 10k	
Sun 3	NEYDL/Yorkshire Inter league match	Middlesbrough
Wed 6	NECCA Relays	Monkton
Wed 6	New Marske RR Series Autumn Coast 5k	Redcar
Sat 9	Great North City Games	Gateshead
Sun 10	Great North Run	
Sat 16	NECAA/Masters Open Pentathlon & (5k/10k)	Monkton
Sun 17	Sedgfield Serpentine 6.5m MT	Sedgfield Cricket club
Sun 24	Hellhole MT 10k	
Sun 24	Haltwhistle Half Marathon	

*These events and dates were believed to be correct at time of printing*

*Use only as a guide. Should be confirmed by prospectus.*

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**APRIL**

Sat 1	Run Northumberland Cragside 10K	Cragside
Sat 8	ERRA National 12-Stage and 6-Stage Road Relays	Sutton Coldfield
Sun 9	Transped Blyth Valley 10K	
Sun 9	Hartlepool Marina 5 mile (North East Champs)	
Sun 9	Relays and Throws Fest	Whitley Bay
Fri 14	New Marske Mermaid 10K	
Fri 14	Elswick Harriers Good Friday Relays	Newburn
Sun 16	North Tyneside 10K	
Tues 18	N.Yorkshire & S.Durham Athletics League	Darlington
Wed 19	North East Grand Prix 1 Monkton (inc 10k NE champs)	
Sat 22	Run Hamsterley 10K	
Sun 23	London Marathon	
Sun 22	Wallsend Terry O'Gara Memorial 5k	
Wed 26	New Marske Road Race Series Spring Coast 5k	Redcar
Wed 26	Neptune Relays	Sedgfield
Sat 29/1	BUCS Track and Field Champs	Bedford
Sun 30	Sand Dancer 10k MT	South Shields
Sun 30	Keswick Half Marathon	
Sun 30	NEYDL Div 1 Midd, 2N Monkton, 2S Darlington	

**MAY**

Tues 2	Les Allcorn 10k	Alnwick
Tues 2	N Yorkshire & S Durham Athletics League	Middlesbrough
Wed 3	NEMAA Road Relays	Jarrow
Sat 6	Northern League Match 1	Various
Sun 7	Northern League Match 1 Div 3E only	
Sun 7	Sunderland City Half Marathon & 10K	Sunderland
Sun 7	Sildon Anne Marie Readshaw Memorial T&F Open	
Mon 8	British Milers Club	Chester-le-Street
Wed 10	Wallsend Harriers Gordon Smith Relays	Wallsend
Wed 10	Locke Park New Marske Pie & Peas 5 Mile	
Sat 13	North Eastern Counties Track and field Championships	Gateshead
Sun 14	North Eastern Counties Track and field Championships	Gateshead

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**MAY – Cont**

Sun 14	Run Northumberland Tynedale Half Marathon	
Sun 14	Pier-to-Pier Race (MT)	South Shields to Roker
Mon 15	North East Masters League	Monkton
Tues 16	N.Yorkshire & S.Durham Athletics League	Darlington
Sat 20	BMAF Road Relay Championships	Sutton Coldfield
Sun 21	Windermere Marathon	
Sun 21	NEYDL 1 Monkton, 2N Whitley Bay, 2S Darlington	
Sun 21	Raby Castle 10k MT	
Mon 22	North East Masters League	Monkton
Wed 24	North East Grand Prix 2	Monkton
Wed 24	Run Northumberland Vindolanda 10K	
Wed 24	NSP Clive Cookson 10k	
Wed 24	George Ogle Memorial Race (MT)	Swalwell
Thur 25	North York Moors AC Relays	Middlesbrough
Wed 31	Penshaw Hill Race	

**JUNE**

Sun 4	Northern League Match 2	Various
Mon 5	North East Masters League	Monkton
Mon 5	British Milers Club	Chester-le-Street
Fri 9	Blaydon Race	Newcastle - Blaydon
Sat 10/11	Northern Athletics Senior&U/20 T&F Champs Manchester	
Sat 10	County School Champs	Various
Sun 11	New Marske RR Series Everyone Active 10K	Redcar
Sun 11	Run Northumberland Bamburgh 10K	
Tues 13	N.Yorkshire & S.Durham Athletics League	Middlesbrough
Wed 14	Newburn River Run	Newburn
Sat 17	Inter County Schools	Hexham
Sat 17	North East Masters Track & Field Champs	Monkton
Sun 18	Newton Aycliffe 10k	
Mon 19	British Milers Club	Chester-le-Street
Wed 21	Run Northumberland Stamfordham 10k	
Wed 21	North East Grand Prix 3	Monkton
Wed 21	Claremont Weetslade MT Relay	Wideopen
Wed 21	Sunshine 5k Run	Newcastle/Gateshead
Sat 24/25	BMAF T&F Champs	Alexander Stadium, Birmingham
Sat 24	Northumberland Minor Schools Champs	Gateshead
Sun 25	NEYDL 1 Morpeth, 2N Whitley Bay, 2S Monkton	
Sun 25	Lambton Run 10k (MT)	Lambton Park, Burnmoor

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Sun 25	Hadrians Wall Half Marathon (MT)	Hexham
Mon 26	Heaton Harriers Women's Only Run	
Tues 27	N Yorkshire & S Durham Athletics League	Darlington
Wed 28	Run Northumberland Kirkley 10K	
Thur 29	Castle Bank Challenge	Norham
Thur 29	Low Fell Angel View Races (MT)	Gateshead
Fri 30/02	British Athletics Champs & World Trials	Birmingham

**JULY**

Sat 1	Chevy Chase Fell Race	Wooler
Sun 2	Middlesbrough Riverside 5k	
Sun 2	Northern Inter Counties U17/U15	Hull
Sun 2	Run Northumberland Coquet Half Marathon	Rothbury
Mon 3	North East Masters League	Monkton
Mon 3	British Milers Club	Chester-le-Street
Tues 4	Saltwell Fell Race	
Tues 4	Bridges of the Tyne 5M (North East Champs)	Quayside
Wed 5	Tynedale 10K	Ovingham
Wed 5	Darlington Harriers Pit Stop 10k	Croft
Wed 5	Curfew Run 1.2M Walls Race	Berwick
Fri 7/8	English Schools Champs	Birmingham
Sat 8/9	International Combined Events	Hexham
Sun 9	Northern League Match 3	Various
Sun 9	Great North Gateshead 10k	
Tues 11	N Yorkshire & S Durham Athletics League	Middlesbrough
Wed 12	North East Grand Prix 4	Monkton
Thur 13	Sunderland 5k (Northern & NE Champs)	Silksworth
Sun 16	Hexham Half Marathon	
Sun 16	NEYDL 1 Hexham, 2N Whitley Bay, 2S Monkton	
Mon 17	North East Masters League	Monkton
Wed 19	New Marske RR Series Summer Coast 5k	Redcar
Wed 19	Run Northumberland Wallington 10k	
Wed 19	Durham City 10k & 5k	
Fri 21	Newcastle Frontrunners 5k	Newcastle
Thur 18	Durham City Harriers Cross Country Relays	
Sun 23	Northumberland Coastal Run (MT)	Beadnell to Alnmouth
Tues 25	Jarrow and Hebburn Cock Crow 5k	
Wed 26	North East Grand Prix 5	Monkton

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